

## Hamilton Area YMCA Aquatic Department: Aqua Exercise Offerings

Offerings listed are open to all Facility members to attend at the JKR pool.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Aqua Zumba	Shallow Aerobics	Aqua Boot Camp	Shallow Aerobics	Aqua Zumba
Time	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	8:00 AM
Duration	45 min	60 min	45 min	45 min	45 min	45 min
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool
Instructor	Barbara	Jill	Gary	Gary	Gary	Jill
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Shallow Aerobics	Deep Water *	Shallow Aerobics		
Time	10:00 AM	10:00 AM	9:15 AM	10:00 AM		
Duration	60 min	45 min	45 min	45 min		
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool		
Instructor	Carol	Peaches	Carol	Katie		
			* Please bring a Deep Water belt to class			
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type			Shallow Aerobics	Deep Water *		
Time			11:00 AM	11:00 AM		
Duration			60 min	45 min		
Location			JKR Pool	JKR Pool		
Instructor			Peaches	Peaches		
				* Please bring a Deep Water belt to class		
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Aquafit				Aquafit	
Time	1:00 PM				1:00 PM	
Duration	60 min				60 min	
Location	JKR Pool				JKR Pool	
Instructor	Katrine				Katrine	
	Stay in the Loop with Text Alerts!				Effective: January 1- March 1	
	In an effort to communicate schedule updates or cancellations, we're introducing text alerts!				Updated: 1/1/2025	
	Text waterworkout to 84483					